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## Are Bunions Controlling Your Feet?: An Anderson Podiatry Center book

*Dr. Michael Thomas DPM*

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**Dr. Michael Thomas DPM : Are Bunions Controlling Your Feet?: An Anderson Podiatry Center book** before purchasing it in order to gage whether or not it would be worth my time, and all praised Are Bunions Controlling Your Feet?: An Anderson Podiatry Center book:

Are you experiencing foot pain, swelling, restricted movement of one or many toes, or difficulty fitting into your favorite pair of shoes?Take look at your bare foot. Does your big toe point in toward your second toe? Is there a visible bump on your big toe joint? If so, you might have a bunion. If your big toe looks fine, is there a sizable bump at the base of your pinky toe? If so, you could have a bunionette. This informative short book by Anderson Podiatry Center can help you learn about the basic bunion causes, what to do about bunions, and what your treatment options

are.

About the Author Dr. Michael Thomas, DPM is dedicated to providing high quality care to his patients. He is also an ultra-marathoner with extensive and specialized knowledge relating to sports injuries and athletic concerns. He has participated in more than 25 100-mile runs (and counting) and 30 marathons, including the Boston Marathon. He completed the Badwater Ultramarathon in Death Valley (135 miles over 42 hours) as well as the Hardrock Hundred Mile endurance run. He continues to train in the latest and most current treatments and is excited to offer new treatment modalities for pain relief.